

ENCOURAGEMENT FOR *Real Life*

127. 5 Ways to Be a Right-Now Woman in 2024

You are listening to episode 127 of the Encouragement for Real Life Podcast titled, "5 Ways to Be a Right-Now Woman in 2024." I welcome you to the podcast. Thank you for joining me here today. How are you doing after finishing the first week of 2024? I pray you are well, healthy, and whole, and I pray you are living as a Right-Now Woman. In fact, this episode is dedicated to how we can live as one this year, because life is too important to live it distracted. So, if you could use some encouragement and hope for not just surviving--but thriving in--each day, then hang with me here for this next short while. We're going to find help and hope for our real lives today as we learn exactly what it means to live as a Right-Now Woman in 2024. Let's get to it.

Are you what I call a Right-Now Woman?

A Right-Now Woman isn't someone who wants everything right now. In fact, I'd say a Right-Now Woman is the opposite of that. She's someone who is tired of distractions overtaking her days and her life. She knows she's missing priceless moments happening in front of her. And she's a bit discouraged by always feeling behind and disorganized. She also knows there's got to be more to life than this, at the same time, ready to receive all God has for her.

If this sounds like you, well friend, allow me to share some good news with you.

You are a Right-Now Woman!

A Right-Now Woman doesn't have the undistracted life mastered, but she's aware that's the life she desires to live. You, like me, don't have it all figured out yet, but we're ready to step into the abundant lives Jesus came to give us. And the thing is, this abundance doesn't have anything to do with what the world considers abundance, but everything of what Jesus considers abundance, instead. Such as eternal life with Him--which begins the moment we believe He is our Savior, a growing relationship with Him, a learning, practicing, maturing in our faith walk, and a spiritual abundance with fruits of the Spirit. We can't step into this kind of life, however, if we're living distracted.

I say often, this life is too important to live it distracted. How we live this life matters in the next--eternity. So, it's wise to live in each moment and stay present in these God-blessed and -given lives, don't you think?

So, how do we do this? How can we live as Right-Now Women in a world that looks at abundance differently? In a culture that is overwhelmed with distractions? How do we do it?

Here are 5 ways to be a Right-Now Woman in 2024:

1. Start with right now.

There's no better time to begin than right now. This moment is priceless because we'll never get to live it again. God blessed us with this moment, and we can either choose to waste it by living it distracted, or embrace it by living it in a way that would honor God. It's our choice. When we

begin to understand the preciousness of each moment and how valuable each one is, we want to do all we can to make the most of each one--for our growth, for the good of others, and for God's glory. So to be a Right-Now Woman in 2024, decide to begin this journey right now.

2. Recognize distractions.

It's no secret distractions are everywhere--our devices and phones, social media, people, interruptions throughout our day, and other external distractions fill our everyday lives. But we also experience internal distractions such as our own thoughts, the past or the future, our regrets and anticipations. The first tangible step to be a Right-Now Woman in 2024, besides starting with right now, is recognizing distractions. Which ones pull us away from the moment? Which ones sidetrack us? And which one causes us to lose sight of what's important the most?

I share in my book, *Right Now Matters: Empowering Right-Now Women in a Culture of Distraction*, one way to help us recognize these distractions is to begin paying attention to them. To notice what pulls us away, what takes us from the moment, and what interrupts our thoughts or workflow. Throughout the day when you find yourself distracted, notice what took you off course. What stopped you from doing the activity you were doing? What interrupted you? Jot it down on a piece of paper or on the Notes app on your phone. At the end of the day, you'll have a tangible list of your biggest distractions. And now that you've become aware of them, you can do something about them. This is important in the quest to be a Right-Now Woman this year.

3. Bring yourself back to the right-now moment.

We don't have to beat ourselves up if we find ourselves slipping off course, being enticed away by distractions. Not at all. There's no need to feel bad about succumbing to a distraction. Instead, we are to rejoice that we are aware of it! This is growth, because some time ago we wouldn't have noticed. But now that we are aware of the distraction luring us away, we can bring ourselves back to the present moment.

We can take a deep breath, return our focus to right now, notice what's around us and what's going on and immerse ourselves in the present. Then begin again. The more we do this the more it will simply become a habit. One that is important to be a Right-Now Woman in 2024.

4. Apply helpful tools.

I devote one entire chapter in my book, *Right Now Matters*, to the tools I've taught myself over the years that help me live undistracted. One I use almost daily, and I call it my Brain Dump. I take five to ten minutes, and I empty on to paper everything that's clogging up my brain and every thought running through my mind. Some days my biggest distractions are my own thoughts. This tool helps me unload all my jumbled up thoughts and clears my mind to focus on what's truly important.

The best thing about this tool is when I give all of these thoughts to God and ask Him to help me decipher them--which ones I am to act on or continue thinking about, and which ones I am not. This tool and the others I share in my book help me be a Right-Now Woman. What do you do to help keep yourself in the right-now moment or to help you live undistracted?

5. **Partner with God.**

This is the most important way to be a Right-Now Woman this year--to partner with God. We can not live undistracted on our own. We just can't. Believe me, I've tried, and I can't stay in the right-now moment without God's help. I may do okay for a short time on my own, but without fail, I'm weak on my own. But in God's strength I am strong. I pray often something simple like, "Lord, help me stay in this moment. I don't want to miss one single thing You have for me." I prayed this often through the holidays as I gathered with our family. I didn't want to miss one special moment that God wanted to bless me through.

Partnering with God isn't complicated or difficult. It's simply just walking with Him, asking Him to lead us and guide us on His path. His path is always best, isn't it? God will lead us when we're willing to follow. He won't force us to follow Him, nor will He force Himself on us. When we invite Him in, however, our lives dramatically transform into lives of joy and hope. Living undistracted is possible when we're trusting God with every moment.

God is not a god of chaos, but one of order. And you know as well as I do, when we're distracted, we're in chaos. Living distracted is not God's best for us, but living in His order, in His presence, peace, provision, and protection, is.

I pray you and I choose to partner with God today. To talk with Him throughout our day, to seek Him, to read His Word, to pay attention to what God has for us throughout the day. Sometimes I mentally picture my hand in His as He leads me through the day. Stay close to Him today, and ask Him to help you be a Right-Now Woman.

Friend, I desire so much for you in this new year. I desire God's best for you. I pray you and I do all we can to embrace a life free from distraction to immerse ourselves in the gift of God's present moment--all year long. We won't do it perfectly, and sometimes we'll fail at this miserably. But as we trust God to lead us and equip us, the abundant lives Jesus came to give us will be ours.

What's one thing you can do today to be a Right-Now Woman?

How will you apply the ways I shared to your life today, tomorrow, this week? Please know I am with you in this endeavor, and I am praying for you!

Here's something that will start your year off on the right foot and will keep you on track throughout the year. And it's free!! Beginning next week I'm hosting two Bible study groups to walk through the Right Now Matters Bible Study together. I released this brand-new Bible study two weeks ago today! It's a 28-day guided adventure to living as a Right-Now Woman. This multifaceted guide helps us go deeper with God and with ourselves as we embrace and learn how to live undistracted lives. We dig into Scripture and see what God has to say about living undistracted. We are guided to apply Scripture and Biblical lessons to our lives. And we have some fun along the way.

Sure this study can be done on your own, but I believe the experience will be enhanced by walking through it with other women like you, who desire to live the abundant lives Jesus came to give us. One group is meeting online on Zoom on Mondays, and the other group is meeting in person in Cedar Rapids, Iowa on Thursdays. All the details and registration are found in the link in the show notes. I would love to walk through this study and dig into God's Word with You!

In closing, I am grateful we get to walk this road of life with each other, encouraging one another, uplifting one another, and pointing one another to the hope we have in Jesus. I pray God blesses you in every way today, tomorrow, and in the year ahead. Keep putting one foot in front of the other, fellow Right-Now Woman. I am proud of you! God bless you!

Links in this episode:

[Join the Right Now Matters Bible Study groups](#) beginning January 15!

[Find my books *Right Now Matters* and the *Right Now Matters Bible Study* here](#)

Visit rightnowmatters.com

[Stay encouraged with Free Resources designed just for you!](#)

Check out the private [Encouragement for Real Life Community](#) on Facebook

Julie Lefebvre